

# **Student Psycho-Social Support and Counselling Service**

**(German: PSB – Psychosoziale Beratungsstelle)**

**Imagine this:**

**You have a problem...**

**...and somebody helps you!**

# Psycho-Social Counselling (PSB)

What can the PSB offer you?

- The Niederrhein University of Applied Sciences provides a counselling service for every student.
- We offer support in areas like:
  - Coaching
  - Crisis intervention
  - Dealing with conflict
  - Psychological counselling
  - Social counselling

# Psycho-Social Counselling (PSB)

When might counselling be a sensible idea?

You might encounter difficulties in areas such as:

- Your field of studies
- Problems or crisis in everyday life
- Personal development
- Needing to talk to somebody even though you don't know what is wrong

# Psycho-Social Counselling (PSB)

## Possible difficulties in the field of study

### Examples:

- Test anxiety, exam stress
- Difficulties with learning and revision, concentration or performance
- Uncertainty related to the chosen degree subject
- Stress
- Organising and finishing the thesis
- Uncertainty in interacting with course mates
- Speaking in front of others
- Motivating oneself

# Psycho-Social Counselling (PSB)

Possible problems and crisis in everyday life

Examples:

- Loneliness / isolation
- Financial difficulties
- Self esteem or feelings of guilt
- Uncertainty / conflict in romantic or familial relationships or other relationships
- Psychological complaints, such as anxiety, depression, psychosomatic disorders, addiction, eating disorders etc.
- Integration (either as a student or foreigner)
- Mood swings

# Psycho-Social Counselling (PSB)

## How our service works

- You can telephone, e-mail or come to our office personally, in order to make an initial appointment. During this appointment you can take the time you need to explain what is concerning you.
- Together we will then consider what you want to achieve and which part of our service could be most helpful.
- We will support you in realising your own abilities and resources and how to (once again) profit from them.
- The frequency and length of appointments will be agreed on an individual basis.

# Psycho-Social Counselling (PSB)

## Our guiding principles

- Our service is strictly confidential and tailored to you!
- We work unbureaucratically!
- We are bound to professional discretion!
- We help you to help yourself!
- There is no cost to you to use our service!

# Psycho-Social Counselling (PSB)

Contact details and opening times

call or send an e-mail to:

[psychosoziale.beratungsstelle@hs-niederrhein.de](mailto:psychosoziale.beratungsstelle@hs-niederrhein.de)

To stay updated check our website:

<https://www.hs-niederrhein.de/psychosoziale-beratungsstelle/>

## Mönchengladbach

Rheydter Straße 232

41065 Mönchengladbach

Building Q, 3rd floor, room Q 311 and Q 313

**Tel.: 0160 5531735**

Office hours:

Tuesday - Friday: 9 a.m. - 4 p.m.

## Krefeld

Reinarzstr.49

47805 Krefeld

Building B, 2nd floor, room B 205

**Tel.: 0160 5532788**

Office hours:

Tuesday and Wednesday: 9 a.m. - 4 p.m.

Thursday: 9 a.m - 12 a.m

# Psycho-Social Counselling (PSB)

## Team members

### Krefeld



**Psychologin, M.Sc.  
Charlotte Zajac**

- Psychologische Psychotherapeutin (Verhaltenstherapie)

### Mönchengladbach



**Dipl.-Sozialpädagogin,  
Ethnologin, M.A.  
Ute Mewes**

- Klientenzentrierte Gesprächsführung
- Systemische Therapeutin

### Leiter der Psychosozialen Beratungsstelle



**Prof. Dr. Dipl.-  
Psychologe  
Dieter Wälte**

- Klinische Psychologie
- Psychologischer Psychotherapeut, Dozent, Supervisor

# Psycho-Social Counselling (PSB)

Thank you for your attention!

**Having difficulties is very common and it is a sign of inner strength to look for the appropriate support!**

- **Take the first step!**
- **Contact us!**
- **Ask now!**